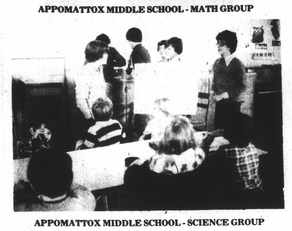
APPOMATTOX MIDDLE SCHOOL - MATH GROUP



APPOMATTOX MIDDLE SCHOOL - SCIENCE GROUP

Appomattox Middle School Students Visit Appomattox Primary Students

Students from the gifted and math. talented program at Appomattox Middle School presented enjoyed making presentations two programs at Appomattox under the direction of Mrs. Primary School. One group Peggy Deyerle, science teacher showed the use of microscopes at AMS and Mrs. Francis Goin, to primary students interested math teacher at AMS. Primary in science. The other group students seemed to ber quite enpresented a skit on the metric thusiastic about both presenstem to students interested in tations.

St. Luke's

The sun was bright and shining. But the wind was high and piercing. Also cold, yet a lovely group of friends and members of the St. Luke Baptist Church attended the regular preaching services Sun. at 11:00 a.m. Rev. J. E. McLaughlin was in charge and gave a wonderful message from St. Luke 19 Chapter and 39th and 40th verse. And some of the Pharisees said unto him master rebuke thy disciples. 40 And he answered and said unto them I tell you that. If these should hold their peace the stones would immediately cry out. Subject, "Though If You Don't The Rocks Will. This was well taken by all listeners. He said the situation of the world today, have no room for Christ. The Adult Choir gave the music that was enjoyed. The conference of the pastor with the little ones was the high light as usual. The offering was very good.

Rev. and Mrs. McLaughlin spent the weekend after Thanksgiving with their son and his family, policeman, James McLaughlin of New York City.

Mr. and Mrs. Samuel Canada, and their sons and wives and families spent Thanksgiving with their daughter in Baltimore, Md. to enjoy the turkey and all the trimmings.

Friends are still coming in to see Mr. Charles H. Canada who remains at his home ill. Mrs. Susie Hunter and her daughter were callers in this home Sunda; after preaching services at St. Luke. Miss Barbara is doing nursing care to a patient in Richmond, Va.

The retired senior citizens of St. Luke will have their work meeting and Christmas dinner in the home of Mrs. Esther Callaham Dec. 10th.

Watch night will be observed at the St. Luke Baptist Church Dec. 31, 1979. There will be fellowship in the dinning area by the version of the covered dish food supply.

The Christmas program that was scheduled for December 23rd has been cancelled.

Sat., Dec. 8, 1979 at 7:30 P.M. the St. Luke Senior Choir will sponsor an appreciation service for their pianist, Mrs. Josephine Nowlin. You are invited to come and enjoy this special event.

4-H Is Fun

Our third meeting was held at the Appomattox Middle School. Our president David Davis called the meeting to order. Dawn Dawson and Paul Humbles led us in the Pledge of Allegiance and 4-H pledge and we played games. The secretary, Sherry Ferguson read us the minutes of the last meeting. Ursula Grishaw, vice-president told us about Share-the-Fun and Mr. Sweet showed us some films. The meeting was adjourned.

Michelle Romanac
Reporter

Men's Day At Promise Land

The Promise Land Baptist Church Men's Club will observe it annual program this Sunday, December 9 at 3 P.M. The Rev. J. W. Paige, pastor of the Mount Shiloh Baptist Church of Monroe, Va. and his male chorus will be the special guest. Several local men clubs have been invited to bring greetings to the local club. The general public is cordially invited to attend.

An appreciative crowd attended the annual Three Way Sermon program held at the Mount Shiloh Baptist Church last Sunday at 3 p.m. The following ministers took an active part in the program: The Reverends W. R. Jones, J. W. Paige and C. L. Elliott. The chairman of the deacon board gave the welcome. Special music was rendered by the Silver Grove Baptist Church gospel chorus. The pastor of the church served as master of ceremony. Rev. Harrison Kelso and Rev. A. B. Jones were pulpit guest and gave some remarks. The offering was lifted by deacons William Hancock and Clarence Wheeler of the Promise Land Church, which was very good. The program was sponsored by the deacon board of the Mount Shiloh Church for the benefit of the widows of the church as Christmas greetings.

Impressive service was held at the Galilee Baptist Church last Sunday. The pastor of the church led the devotions and the Rev. Raymond H. Turner, pastor of the St. Mark Baptist Church. delivered the morning message which was enjoyed by all present. Beautiful music was rendered by the senior and junior choirs.

The local chapter of the NAACP will hold its monthly meeting this Monday evening at the Mount Pleasant Baptist Church of Hixburg. Members and friends are invited to attend.

The local community was sadden late Sunday evening to hear of the death of Mr. Anderson Haskins in the Government Hospital, Richmond, Va. at 9 p.m. The West Funeral home was in charge of arrangements.

All officers and members of Mount Shiloh are asked to attend the regular church meeting this Saturday evening at 7 P.M. Plans for the New Year will be presented.

Troop 322 Held Court of Honor Meeting

Junior Girl Scout Troop #322 held their first Court of Honor Meeting on Tuesday, November 27th. We discussed what we are going to have for the month of December. We plan to have a Christmas Program on December 20th from 6:00 P.M. to 9:00 P.M. at the Memorial United Methodist Church. Those present at the meeting were Jeannice Bartelt, Patrol Leader for the Bluebell Patrol, April Archer, Patrol Leader for the Daffodil Patrol, and Kelly Neville, Patrol Leader for the Purple Pansy Patrol. Renee Wesley is Troop Treasurer and Nikki Pennix is Troop Scribe. Our next meeting for the Court of Honor will be Tuesday, January 1, 1980.

Nikki Pennix
Troop Scribe

USE THE TIMES-VIRGINIAN CLASSIFIED ADS

Pamplin Elementary School Menu For Dec.

Monday, Dec. 3 - Pizzaburgers, Crisp French Fries, Crisp Coleslaw, Fruit, Cookie, Bun, and Chilled Milk.

Tuesday, Dec. 4 - Fried Chicken, Buttered Corn, Buttered Green Peas, Sliced Peaches, Sliced Bread, Chilled Milk.

Wednesday, Dec. 5 - Baked Ham, Macaroni & Cheese, Buttered Green Beans, Sliced Pineapple, Hot Biscuits, & Chilled Milk.

Thursday, Dec. 6 - Hot Pizza, Tossed Salad, Apple Crisp, & Chilled Milk.

Friday, Dec. 7 - Tomato Soup, Grilled Bologna & Cheese Sandwich, Carrot & Celery Sticks, Yellow Cake w/icing, & Chilled Milk.

Monday, Dec. 10 - Sausage Patties, Whipped Potatoes, Seasoned Greens, Spicy Applesauce, Hot Biscuits, & Chilled Milk.

Tuesday, Dec. 11 - Italian Spaghetti, Tossed Salad, Strawberry Short Cake, Texas Toast, & Chilled Milk.

Wednesday, Dec. 12 - Batter Dipped Fish, Mixed Vegetables, Crisp Coleslaw, Hot Cornbread, & Butter, & Chilled Milk.

Thursday, Dec. 13 - Hot Dog on Bun, Savory Baked Beans, Orange Wedges, Congo Bars, & Chilled Milk.

Friday, Dec. 14 - Hot Beef-Vegetable Soup, Assorted Sandwiches, Sliced Peaches, Cookie, & Chilled Milk.

Monday, Dec. 17 - Special Cheeseburger, Crisp French Fries, Tomato & Lettuce, Fruit, & Chilled Milk.

Tuesday, Dec. 18 - Bologna, Buttered Green Peas, Buttered Carrots, Pineapple upsidedown Cake, Hot Biscuits, & Chilled Milk.

Wednesday, Dec. 19 - Hot Turkey w/Gravy, Buttered Green Beans, Whipped Potatoes, Cranberry Sauce, & Chilled Milk.

Thursday, Dec. 20 - Hot Pizza, Crisp French Fries, Crisp Coleslaw, Fruit, & Chilled Milk.

Friday, Dec. 21 - Hot Dog on Bun w/Chili, Crisp Potato Tots, Seasoned Turnip Greens, Pear Halves, Cookie, & Chilled Milk.

Merry Christmas & Happy New Year

EATING WELL

By Barbara L. Mortang, R.D., Ph.D.
Regional Public Health Nutritionist

Ways to Decrease Fat In Your Diet

We Americans like to chew the fat so much that 40 percent of our calories are derived from this substance. Physicians and nutritionists suggest that this is about 10 percent too much.

Some fat in our diet is essential for good health. It is a basic nutrient, just like vitamins, minerals, and protein. Besides, eating would be rather dull without any fat. What would lettuce be without salad dressing bread without butter or tuna without mayonnaise?

One disadvantage of fats is that it gives us about 40 calories per teaspoon (or about 250 calories per ounce). That is more than twice the amount contained in an equal amount of protein or carbohydrate.

Usually high-fat foods are easy to overeat because they are low in bulk. For example, a doughnut has about the same number of calories as two heads of lettuce. But one must admit that a doughnut is much easier to eat.

Cutting down on the amount of fat in your diet can be relatively painless. You can start by cutting down on the amount of butter or margarine that you put on your toast, or the dressing that soaks your salad, or the mayonnaise that sometimes oozes from your sandwich. Reject that deep fryer, trim the fat off your pork chops, and banish bacon and sausage from your breakfast menu.

But that would be just a beginning. "Visible" fats account for only about 40 to 50 percent of all the fats we eat. The rest is cleverly disguised in wellmarbled steaks, flaky pie crusts, and the cheese sauces that smother the cauliflower.

Compare these menus because it will illustrate how you can cut down on the amount of fat in your diet.

A Common High Fat Meal and amount of grams of Fat:
6 oz. Sirloin steak 20 grams of fat, tossed salad with French dressing 6 grams of fat, green beans with 1 pat margarine 4 grams of fat, baked potato with 2 pats margarine 8 grams of fat, 1 cup whole milk 8 grams of fat, apple pie a la mode 25 grams of fat, coffee with cream 2 grams of fat. Total grams of fat is 79.

Skimmed-Down Meal with number of grams of fat: 6 oz. broiled fish with lemon 11 grams of fat, tossed salad with vinegar 0 grams of fat, green beans with lemon, basil or marjoram 0 grams of fat, roll with 1 pat margarine 4 grams of fat, 1 cup skim milk 0 grams of fat, cantaloupe 0 grams of fat, coffee, black 0 grams of fat. Total grams of fat is 19.

These simple changes reduce the fat content by 75 percent and the calories by 865. You may not want to trim your diet so drastically right away. The point is, you have plenty of opportunities to cut down on the content in your daily menu. All you have to do is to searc for the fat in your diet and decide what changes you are willing to make.

FOR FAST RESULTS
USE THE
TIMES-VIRGINIAN
CLASSIFIED PAGE

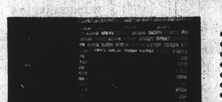
Mt. Airy To Have Lawn Party

On December 19th at 2 p.m. there will be a Lawn Party at the home of Mr. and Mrs. Charles Napier, Road 606, Oakville.

Sponsored by the Soul Searchers of Mt Airy Baptist Church. The public is cordially invited to attend.

OFFICE SUPPLIES: Rubber Stamps, Stamp Pads, Rubber Bands, File Folders and all other office supplies.
TIMES-VIRGINIAN
PHONE: 352-8215
Court St. Appomattox, Va.

Save Money With A Stack Of Wood
And A Wood Burning Stove!
QUALITY STOVES - COMPETITIVE PRICES



SOME FACTS YOU SHOULD KNOW ABOUT THE ENGLANDER
- Air-Tight Assembly
- Constructed of ¼" American-Made Steel
- Weight Between 450 Lbs. and 525 Lbs.
- Cast Iron Door
- Precision Draft Controls
- Firebrick Lined
- Forced Air Circulation Available
- Totally Hand Crafted
- Can Be Used For Cooking
- Safe, Economical, Handsome

"We guarantee our stove to the original owner for life except the paint, bricks, and blower".

Manufactured by England's Stove Works, Inc.

GROSS' BRANCH STOVE SHOP
LOCATED A1 DOWDY FURNITURE COMPANY — SECOND STREET, FARMVILLE, VIRGINIA

Sparkling Christmas Buys
SAVE! SAVE! SAVE! SAVE! SAVE!

MR. ALEX
HALF - SIZE COORDINATES
JACKETS, PANTS, SKIRTS BLOUSES, VESTS
25% OFF

WHITE STAG SPORTSWEAR
BLUE CORDUROY & STRETCH DENIM JACKETS, SKIRTS, PANTS, SHIRTS, VEST, VELOUR TOPS
20% OFF

ACRYLIC & WOOL GROUP
WINE & BLUE
20% OFF

HAGGAR SLACKS
WOOL SOLIDS - PLAIDS
REG. 37.50
SALE 20% OFF

LA. HANES HOSIERY
ULTRA SHEER TUMMY CONTROL SANDAL FOOT
REG. 3.25
SALE $2.59

ALEX COLEMAN SPORTSWEAR
BROWN & ROSE GROUP
33⅓% OFF

VANITY FAIR SLIPS
STRETCH STRAP
REG. 12.00
SALE $9.88

BRAS - LACE TRIM
REG. 10.00
SALE $7.88

BOY'S SUITS
3 PC. CORDUROY
VAL. TO 59.00
20% OFF

WINTER COATS
FOR THE FAMILY
MEN'S - WOMENS' - CHILDRENS
20% OFF

LADIES' BRUSHED POLYESTER COAT
REG. 90.00
SALE $57.88

MEN'S SWEATER-SHIRTS
PURITAN & McGREGOR
VAL. TO 24.00
20% OFF

HAGGAR SUITS
2 PC. - 3 PC.
CORDUROY-DENIM POLYESTER
VAL. TO 100.00
SALE $79.88

MEN'S JOCKEY UNDERWEAR
T-SHIRTS - BRIEFS
BOXERS
20% OFF

MEN'S SHIRTS
NYLON - ACETATE ASST. COLORS
REG. 14.00
SALE $9.88

WHITE - STAG PANT COAT
REG. 69.00
SALE $47.88

LADIES' DRESSES
JUNIOR - MISSY
VAL. TO 42.00
½ PRICE

HEALTH-TEX POLLY FLINDERS ENTIRE LINE
20% OFF

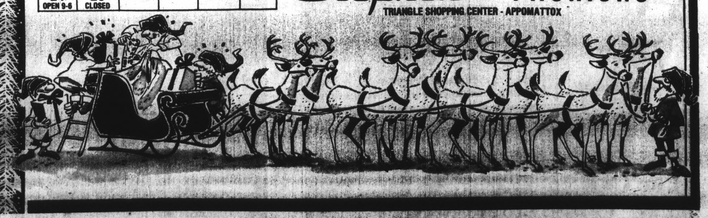
MEN'S NYLON SKI JACKET
REG. 55.00
SALE $39.95

MEN'S McGREGOR SWEATERS
PULL-OVERS, CARDIGANS
MANY COLORS
VAL. TO 25.00
25% OFF

CHRISTMAS
STORE HOURS
9 A.M. — 8 P.M.
DECEMBER 1979

MON.	TUES.	WED.	THURS.	FRI.	SAT.
				7	8
10	11	12	13	14	15
17	18	19	20	21	22
24 OPEN 9-6	25 CLOSED				

Stephen's FASHIONS
TRIANGLE SHOPPING CENTER - APPOMATTOX



SOCK IT AWAY NOW FOR NEXT CHRISTMAS & EARN 5½% INTEREST* TO BOOT!
Start your Christmas Club with American Federal beginning October 29 for a merrier Christmas next year.
*Interest applies to completed clubs.
Home Office
615 Church St., Lynchburg, Va.
APPOMATTOX
Triangle Plaza Shopping Center
Phone: (804) 352-7168
AMERICAN FEDERAL SAVINGS & LOAN ASSOCIATION
MEMBER FSLIC

Capitol Comments

By Dan Daniel, Fifth District, Virginia

Over the years I have served you in Congress, many issues have confronted the nation and the individual. Foreign affairs, national defense, recession, inflation, natural disaster - you name it. Each condition has brought forth questions and comments on the part of the people of the Fifth District. But over the past decade, no matter what the issue, there is one question which is ultimately asked by almost everyone: "What's the government going to do about it?"

Then, when legislation is passed - always with great fanfare and generally without my support - it is announced that legislation has been passed to cure the problem.

Next time I go to the District, I can be sure of hearing another question: "Can't you fellows do anything right?" The answer is not much, but things would be a lot worse if there were not some here to slow the juggernaut down. After all, in school and in sports, even if you don't win you get some credit for trying. These statements are no longer a matter of concern. An explanation has been found.

In preparing for the Southside Congressional Conference held in Farmville last Saturday, it was necessary to take a look at some of the legislation which has been passed thus far in the 96th Congress. And what we found was that the proposed solutions don't always match the perceived problems.

In a town where it is difficult to get ten people to agree on the time of day, Official Washington is unanimous in the view that there is a real shortage of petroleum products in the country today. There is significant disagreement as to its severity. But its presence is acknowledged.

Now, you would think that, this being so, the expansion of crude oil supplies would be a matter which could be successfully addressed. It would probably be fair to say that Congress has devoted more time to energy than to any other single subject, laying aside periods of war. Yet no bill which has been passed has produced a thimbleful of oil. And this is regrettable for such could be the case by the simple matter of providing incentives for exploration and recovery. The crude is here.

We pass a windfall profits tax, which will not affect the price the consumer pays at the pump, which will encourage very little additional drilling - if any at all - and which will float the federal Treasury's coffers. We do this to punish "Big Oil", and ignore the fact that between 80 and 90 percent of the domestic drilling is done by independents, not by the industry giants.

We create an Energy Mobilization Board to cut red tape, then hamstring it with exclusions and exceptions to the point that some of its more ardent supporters will tell you privately it won't work because it can't work.

We authorize and appropriate funds for solar development, just as some of those who fear the hazards associated with coal and nuclear power generation begin to come forward with statements about the health and safety hazards associated with large-scale solar power generation.

We debate an Energy Security Corporation when there is no evidence whatsoever that the federal government possesses or can attract the kind of brainpower and imagination which can compete with the private sector. And when we have AMTRAK as the living example of what the government can do when it sets out to perform a traditionally private sector function.

* * *

We are anxious to respond to all mail but we are experiencing difficulties with its arriving late and sometimes not at all. For example, on November 29, we received a letter from Midlothian which was mailed on November 12. If anyone writes and does not receive a response in a reasonable length of time, please let us know.

Liberty Baptist Celestial Choir To Present Program

The Liberty Baptist Church Celestial Choir directed by Mrs. J. Franklin Vaughan will present "The Little Bell That Wouldn't Stop Ringing" by Don Writzen on Sunday evening, Dec. 9 at 7:30. It will be accompanied by full orchestration.

Choir helpers are Linda Youngblood and Karen Doss. Church pastor is Rex Bennett.

The choir members who will represent little bells are Andy Doss, Marya Elder, Amy Slade, Jennifer White, Roxanne Williams, Brian Canada, Sidney Motley, Brett Stratton, Tara Johnson, Lori Ranson, Kelly Whitehead, Robbie Coleman, Brent Harrison, Danny Richardson, Bob Stratton, Jay Bradshaw, Beth Carter, Beverly Jo Carter, Karena Jaggars, Jennifer Jamerson, Jason Fox, Sherri Williams, Julie Youngblood, Jennifer Paulette, Rodney Thompson and Agnela Thompson.

Christmas Event At Red Hill

The Patrick Henry Memorial Foundation will once again sponsor its annual Christmas program, "Red Hill by Candlelight" on Sunday, December 16 from 3-8 p.m. Patrick Henry's restored home and the Patrick Henry Museum at Red Hill will be decorated with traditional colonial greenery and illuminated by candles.

Special performances by the Lynchburg Early Music Consort will be featured this year. The group will perform Renaissance music on reproductions of early instruments. Several performances will be given throughout the afternoon.

Guided tours will be given through the Museum and Patrick Henry's house by hostesses in colonial costume. Refreshments will be served in the Museum Library.

Red Hill Shrine and the Patrick Henry Museum are located five miles East of Brookneal off Route 40. There will be a slight admission fee.

A PERFECT CHRISTMAS GIFT FOR THAT HARD TO PLEASE PERSON.

KNIVES
WE ARE OVERSTOCKED SO WE ARE . . .
GREATLY REDUCING
OUR KNIVES UNTIL CHRISTMAS
ALMOST EVERY KIND MADE IN OUR COLLECTION
•SCHRADE SCHRIMSHAW •CASE
•QUEEN •ALMOST EVERY LIMITED EDITION MADE IN STOCK . . . SOME ONE OF A KIND
Maude's Restaurant
It's Better At Maude's
ROUTE 460 WEST — APPOMATTOX, VA.

ROCKS

Coldest weather of the season has hit here. It was quite cold Sunday. Farmers are on the tobacco market. Hope they will be satisfied with the prices.

William C. Ranson of Texas arrived last week to visit his parents, Mr. and Mrs. Charlie S. Ranson of Pamplin.

A number from Rocks attended the Group I mission Study Class at Evergreen Baptist Church on Tuesday night.

Mr. Tom Caldwell of Pamplin is in Lynchburg General Hospital. He is a brother of Mrs. Margaret Marshall.

Sorry to hear Miss Clara Dudley of Lynchburg died at Lynchburg General Hospital on Wednesday morning. She was an aunt of Mrs. Gillette Elder of Pamplin. Sympathy is extended her loved ones.

A few attended the associational officers workshop at Eagle Eyrie on Friday and Saturday.

Mrs. Jean Kress received word Friday night of the illness of her brother, Buddy Jennings of Roanoke. We well wishes to go out to him.

Mr. and Mrs. Bill Caldwell Jr. and boys spent the weekend with the former's parents, Mr. and Mrs. Bill Caldwell Sr of Martinsville.

A number attended the Baptismal service at Evergreen Baptist Church on Sunday afternoon.

Glad to hear Mr. Jeter Witt Wooldridge is back at his home after a very long stay in the hospital. Hope he continues to improve.

Not very many Training Union members attended the night meeting at Calvary on Thursday night. Only 29 present. Do you remember when we had 400 or 500 present? We must be going backwards.

Thil Mildred Collins Sunday School Class had their Christmas Supper on Saturday night.

The first day of the week of Prayer for Foreign Mission was on Sunday. We got off to a good start with our offering. Mrs. Gillette Elder and a few others gave some insight on the week of prayer.

A speedy recovery is wished Mrs. Mann who was stricken with pleurisy attack on Sunday morning.

Mr. and Mrs. Samuel Martin and boys left Saturday for Johnson City Fern with a load of Burley Tobacco to sell on Monday.

The Friendship Circle will meet at 1:30 p.m. with Mrs. Myrle Richardson.

Get well wishes to Gail Taylor and Joey who are on the sick list.

Hog killing weather on hand now.

Jordan News

The Senior Choir will practice on Friday night at 7:30 P.M. All members are asked to be present.

The Young Adult Choir will practice Tues., Dec. 11 at 6:00 P.M. Each member is asked to be present on time.

On Sunday, Dec. 23, at 7:00 P.M. the Sunday School will present their 28th Annual Christmas program. The public is cordially invited to attend. A special program is being planned for your enjoyment.

Gets First Buck

Billy Hopkins, left, is shown with Charles Williams, Jr. after Charles killed his first buck on November 24th. He got a spike buck while hunting in the State Forest and was very proud of his day of hunting.

Methodist Women Holding Annual "Day Apart"

The Farmville District United Methodist Women will be holding their annual "Day Apart" services seperately in each of the seven Zones.

The theme this year is "No Greater Love", based on John 15:9-13.

The following Zones held their Day Apart on Sunday, December 2, at 2:30 PM: Lucy Clyde Blanton Zone, at Salem United Methodist Church (UMC) in Amelia with Mrs. Julia Easter, speaker; Mary Finch Zone at Jamison Memorial UMC in Clarksville, with Rev. Dana Hunt, speaker; and Mary Moore Zone at Memorial UMC in Appomattox with Mrs. Jane Smith, speaker.

The Zones conducting their Day Apart on Wednesday, December 5, at 10:30 AM were: Armstrong-Kennedy Zone at Barker Memorial UMC, Burkeville, Mrs. Jane Smith, speaker; and Jane Wilkinson Zone at Mt. Carmel UMC, Brookneal, Dr. Beatrice Bland, speaker.

On Sunday, December 9, the Sallie Carroll Zone will have its Day Apart at 3:00 PM at Salem UMC, Dillwyn Charge, Dr. Beatrice Bland, speaker; and Charlotte Seegars Zone at 2:30 PM at Glenwood, (UMC) South Boston, Mrs. Mary Ellen Hamlet, speaker.

The offering taken at these services will be sent to help the "boat people".

Each service is open to the public.

Clover Hill News

Mr. and Mrs. Lewis Epps spent Thanksgiving Day in the home of her sister, Mrs. Millie Berkley and family.

Mr. Robert Scott of Baltimore, Maryland visited his parents, Mr. and Mrs. James R. Scott last week while here on his stay. He also visited in the home of his uncle and aunt, Mr. and Mrs. Floyd Berkley and family.

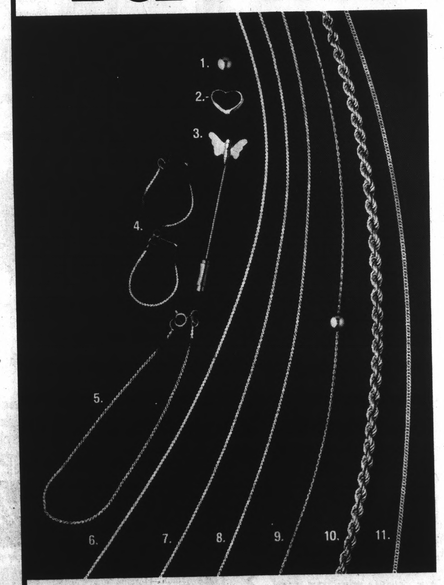
Miss Alberta McNeal of Norfolk, Va. called in the home of her friend, Miss Carolyn Berkley during the Thanksgiving Holidays.

Use The Times-Virginian Classified Ads Get Results

HUNTERS' SPECIAL
Johnson's Messenger
CB's Model No. 4120
$69.95
A.C. SPARK PLUGS
(Res.) $1.09
MOSES MOTOR COMPANY, INC.
APPOMATTOX, VA. PHONE: 352-7102
Genuine GM & CHEVROLET Parts

FFA CITRUS FRUIT HAS ARRIVED
AND IS READY FOR PICKUP AT THE ACHS AG. DEPT. on the following schedule:
THURSDAY — 3 P.M. — 8 P.M.
FRIDAY - SATURDAY — 8 A.M. — 8 P.M.
SUNDAY — 1 P.M. — 5 P.M.
MONDAY — 8 A.M. — 8 P.M.
CITRUS FRUIT PICKED UP EARLY WILL KEEP BEST.
FOR FURTHER INFORMATION CALL:
352-7148 EXT. 3

Precious Gold. For Precious Little.



Now's your chance to take advantage of a golden opportunity.
Because right now, American Federal Savings is offering you 14-karat gold Italian jewelry free—or at greatly reduced prices.
All you have to do is open or add to an American Federal savings account.
There are eleven beautiful pieces of jewelry in all—on display at your nearest American Federal office.
So, come in today.
And get precious gold. For precious little.

Here's how to turn your savings into GOLD. For little-or nothing.

Item No.	Item	Minimum Initial Deposit 100	250	1000	5000
1.	6MM Bead	2.95	FREE	2 FREE	3 FREE
2.	Free Form Heart	5.95	FREE	FREE	FREE
3.	Butterfly Stickpin	6.95	FREE	FREE	FREE
4.	Earrings	12.95	9.95	5.95	FREE
5.	7" Serpentine Bracelet	14.95	11.95	7.95	4.95
6.	15" Serpentine Chain	23.95	21.95	18.95	14.95
7.	18" Serpentine Chain	28.95	26.95	23.95	18.95
8.	20" Serpentine Chain	33.95	31.95	29.95	23.95
9.	18" Boston Link Chain with Bead	44.95	42.95	39.95	34.95
10.	18" Rope Chain	139.95	137.95	135.95	129.95
11.	20" Herringbone Chain	99.95	57.95	56.95	49.95

Federal regulations permit only one gift allowance per account holder. With each additional deposit of $100 or more, you may buy additional items at prices shown in $100 column.

For all the good times to come.
AMERICAN FEDERAL SAVINGS & LOAN ASSOCIATION
Triangle Plaza Shopping Center
Appomattox, Va.
Michael C. Weiss
Phone: 352-7168
Home Office: 615 Church St.
Lynchburg, Va.
MEMBER FSLIC